

Training Principles and Methods

- Training is a vehicle by which the human body is made more efficient to complete certain tasks; i.e. running, jumping, lifting, shooting etc.
- Training needs vary greatly depending on both the objectives and the physical attributes on the individual involved
- the basics of training can become very complicated due to the large number of variables and different schools of thought
- Basics of any training program are the three energy systems and the F.I.T.T. Principle

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Frequency

- depends on the conditioning

- goals

-Regularity

- 3 to 5/ wk for Aerobic Fitness

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Intensity-

% of VO2 Max

- % Max HR

- 1 Rep Max

-Higher Intensity- Higher HR ( less time needed)

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Type

-3 energy Systems

- Combo of Each in Training

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Time

- 20-60min continuous

Jan 11-8:25 AM

Training Methods Summary - text p194-199

**Periodization**

- Breakdown of season into distinct training periods-peakng
- Divide season into macrocycles and mesocycles
- Preseason, competitive season and off season

**Concurrent Training**

- Combining training methods to train more than one energy system
- Aerobic athletes should strength train or power athletes should develop endurance
- Geared best toward general fitness

**Interval Training**

- Alternating periods of relatively intense exercise with periods of recovery within a workout
- Works directly on improving anaerobic threshold
- Ie 5km race train by 10 sets of 500m at race pace

**Fartlek Training**

- Alternating intense bursts of effort with recovery periods
- Intensity, Reps and length of the rest interval are determined by the athlete or team
- Ie two teams on either side of track-one team sprints to the other side(team) begins when first team member gets to the other side

Review p197-4 key components

**Resistance Training**

- Weight literally provides resistance to the muscles
- Principle of overload
- Improved strength, muscle mass, flexibility and range of motion

**Plyometrics**

- Stretch and shorten exercises
- Develop strength and power to overload muscle through ROM
- Ie medicine ball chest pass and As and Bs

Jan 10-2:13 PM